

# **Nutrition Month 2013 School Resource Manual**



***“Choosing & Preparing Food for a Healthier You!”***

**Nutrition Services  
March 2013**

February, 2013

Dear School Partner,

**RE: Nutrition Month 2013**

Spring is just around the corner and we would like to remind you that March is Nutrition Month! This national campaign gives Registered Dietitians the opportunity to promote healthy eating messages to the Canadian public. This year's theme across Alberta is “**Choosing & Preparing Food for a Healthier You!**” Alberta Health Services dietitians have compiled information relevant for school aged children and youth for use by interested schools on the following key topic areas:

- Choose and Prepare Healthy Foods for Young Families
- Choose and Prepare Foods with Little or No Added Sugars
- Choosing Healthy Fats
- Choose and Prepare Healthy Grains
- Hold the Salt: Choosing and Preparing Healthy Food with Less Sodium
- Plan Ahead: Shop with a List!

Read on for ideas and resources to help your school promote Nutrition Month.

Follow AHS on Twitter @AHS\_behealthy during March for daily Nutrition Month Tweets.

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## Suggested Handouts and Websites

Here is a list of websites and handouts to help promote Nutrition Month in your school or classroom.

### AHS School Nutrition website

Visit this website for a list of nutrition education resources that align with the Comprehensive School Health Model, Alberta Education Curriculum, the Alberta Nutrition Guidelines for Children and Youth, and Eating Well with Canada's Food Guide.

<http://www.albertahealthservices.ca/2925.asp>

### Dietitians of Canada

For Nutrition Month, the Dietitians of Canada site will include information about shopping starting February 2013.

<http://uat.dietitians.ca/Your-Health/Plan-Shop-Cook/Shop-Smart.aspx>


### Nutrition Month in Alberta: "Choosing and Preparing Food for a Healthier You!"

The table below provides a list of resources that corresponds to each key message outlined by Nutrition Services Dietitians for this year's Nutrition Month.

Choose and Prepare Healthy Food for Young Families	
<b>Resources</b>	<b>Eat Together</b> This Alberta Milk resource that provides tips, shopping lists and quick recipes to help overcome the barriers to eating together as a family. Found at: <a href="http://moreaboutmilk.com/downloads/resources_pdf/ABMilk%20EatTogether%202009.pdf">http://moreaboutmilk.com/downloads/resources_pdf/ABMilk%20EatTogether%202009.pdf</a>
	<b>Healthy Snacking</b> This handout provides tips to families on making healthy snack choices. Found at: <a href="http://www.albertahealthservices.ca/SchoolsTeachers/if-sch-nfs-healthy-snacking.pdf">http://www.albertahealthservices.ca/SchoolsTeachers/if-sch-nfs-healthy-snacking.pdf</a>
	<b>Mix it Up</b> This website is aimed at helping Canadians of all ages eat more fruits and vegetables as part of a healthy diet and active lifestyle to better their health. Found at: <a href="http://www.5to10aday.com/">http://www.5to10aday.com/</a>

## Suggested Handouts and Websites (continued)

Here is a list of websites and handouts to help promote Nutrition Month in your school or classroom.

Choose and Prepare Healthy Food for Young Families	
Resources	<p><b>My Menu Planner</b> Eat Right Ontario has designed this interactive tool to help plan a healthy menu. This is a great resource for Career and Technology Studies foods classes. Note: may not meet Alberta Nutrition Guidelines for Children and Youth. Found at: <a href="http://www.eatrightontario.ca/en/menuplanner.aspx#">http://www.eatrightontario.ca/en/menuplanner.aspx#</a></p>
	 <p><b>Quick and Easy Meals</b> This handout provides tips to families to plan, purchase, prepare, and pack healthy meals. Includes a weekly menu planner. Found at: <a href="http://www.albertahealthservices.ca/SchoolsTeachers/if-sch-nfs-quick-and-easy-meals.pdf">http://www.albertahealthservices.ca/SchoolsTeachers/if-sch-nfs-quick-and-easy-meals.pdf</a></p>
Choose and Prepare Foods with Little or No Added Sugar	
Resources	<p><b>Healthy drinks, Healthy Kids</b> This handout provides tips to families on healthy drinks to choose most often, and which high sugar drinks should be limited. Found at: <a href="http://www.albertahealthservices.ca/SchoolsTeachers/if-sch-nfs-healthy-drinks-kids.pdf">http://www.albertahealthservices.ca/SchoolsTeachers/if-sch-nfs-healthy-drinks-kids.pdf</a></p>
	<p><b>Label Reading the Healthy Way</b> This handout provides tips to families on how to read and use food labels to compare similar foods and make healthy food choices. Found at: <a href="http://www.albertahealthservices.ca/SchoolsTeachers/if-sch-nfs-label-reading.pdf">http://www.albertahealthservices.ca/SchoolsTeachers/if-sch-nfs-label-reading.pdf</a></p>
	<p><b>Making Foods with Less Fat and Sugar</b> This handout provides tips to families on how to make recipes healthier by adding less fat and sugar in cooking and baking. Found at: <a href="http://www.albertahealthservices.ca/SchoolsTeachers/if-sch-nfs-making-foods.pdf">http://www.albertahealthservices.ca/SchoolsTeachers/if-sch-nfs-making-foods.pdf</a></p>

## Suggested Handouts and Websites (continued)

Here is a list of websites and handouts to help promote Nutrition Month in your school or classroom.

<b>Choose and Prepare Healthy Grains</b>	
<b>Resources</b>	<b>Fibre Facts</b> This handout provides facts to families on why fibre is needed for good health, and how to choose high fibre foods everyday. Found at: <a href="http://www.albertahealthservices.ca/SchoolsTeachers/if-sch-nfs-fibre-facts.pdf">http://www.albertahealthservices.ca/SchoolsTeachers/if-sch-nfs-fibre-facts.pdf</a>
	<b>Label Reading the Healthy Way</b> This handout provides tips to families on how to read and use food labels to compare similar foods and make healthy food choices. Found at: <a href="http://www.albertahealthservices.ca/SchoolsTeachers/if-sch-nfs-label-reading.pdf">http://www.albertahealthservices.ca/SchoolsTeachers/if-sch-nfs-label-reading.pdf</a>
<b>Hold the Salt: Choosing and Preparing Healthy Foods with Less Sodium</b>	
<b>Resources</b>	<b>Hold the Salt</b> This handout provides tips to families on how to cut back on salt (sodium) in the diet. Found at: <a href="http://www.albertahealthservices.ca/SchoolsTeachers/if-sch-nfs-hold-the-salt.pdf">http://www.albertahealthservices.ca/SchoolsTeachers/if-sch-nfs-hold-the-salt.pdf</a>
	<b>Label Reading the Healthy Way</b> This handout provides tips to families on how to read and use food labels to compare similar foods and make healthy food choices. Found at: <a href="http://www.albertahealthservices.ca/SchoolsTeachers/if-sch-nfs-label-reading.pdf">http://www.albertahealthservices.ca/SchoolsTeachers/if-sch-nfs-label-reading.pdf</a>
<b>Plan Ahead: Shop With a List!</b>	
<b>Resources</b>	<b>Grocery shopping the Healthy Way</b> This handout provides tip to families to become healthy shoppers by planning ahead, reading food labels, and making a healthy shopping list. Found at: <a href="http://www.albertahealthservices.ca/SchoolsTeachers/if-sch-nfs-grocery-shopping.pdf">http://www.albertahealthservices.ca/SchoolsTeachers/if-sch-nfs-grocery-shopping.pdf</a>

## Suggested Handouts and Websites (continued)

Here is a list of websites and handouts to help promote Nutrition Month in your school or classroom.



Plan Ahead: Shop With a List!	
<b>Resources</b>	<b>Quick and Easy Meals</b> This handout provides tips to families to plan, purchase, prepare, and pack healthy meals. Includes a weekly menu planner. Found at: <a href="http://www.albertahealthservices.ca/SchoolsTeachers/if-sch-nfs-quick-and-easy-meals.pdf">http://www.albertahealthservices.ca/SchoolsTeachers/if-sch-nfs-quick-and-easy-meals.pdf</a>
	<b>Eat More Vegetables and Fruit</b> This handout provides tips on ways to increase vegetable and fruit intake in children and adults. <a href="http://www.albertahealthservices.ca/SchoolsTeachers/if-sch-nfs-boost-your-vegetable.pdf">http://www.albertahealthservices.ca/SchoolsTeachers/if-sch-nfs-boost-your-vegetable.pdf</a>
Choosing Healthy Fats	
<b>Resources</b>	<b>Label Reading the Healthy Way</b> This handout provides tips to families on how to read and use food labels to compare similar foods and make healthy food choices. Found at: <a href="http://www.albertahealthservices.ca/SchoolsTeachers/if-sch-nfs-label-reading.pdf">http://www.albertahealthservices.ca/SchoolsTeachers/if-sch-nfs-label-reading.pdf</a>
	<b>Making Foods with Less Fat and Sugar</b> This handout provides tips to families on how to make recipes healthier by adding less fat and sugar in cooking and baking. <a href="http://www.albertahealthservices.ca/SchoolsTeachers/if-sch-nfs-making-foods.pdf">http://www.albertahealthservices.ca/SchoolsTeachers/if-sch-nfs-making-foods.pdf</a>



## Newsletter – Nutrition Month 2013

Copy and paste these short articles or a section of them for newsletter inserts.

### Choosing and Preparing Food for a Healthier You!

March is Nutrition Month. "Choosing and Preparing Food for a Healthier You" is the theme of this year's Nutrition Month across Alberta. Alberta Health Services' dietitians will share tips on how to choose and prepare healthy foods for you and your family.

#### **Choose and Prepare Healthy Food for Young Families**

Making the healthy choice the easy choice is one of the best ways to help your children learn healthy eating habits.

Choosing and preparing healthy foods for your family starts at home. A healthy way to shop is to make a shopping list before you leave. Ask your children to give ideas and encourage them to include a variety of foods.

Try to get everyone involved in preparing meals and snacks.

Make food fun! Eating healthy foods should be another adventure and fun discovery in your child's life, and as a parent you have an important role to play.

#### **Choose and Prepare Foods with Little or No Added Sugar**

Eating too much added sugar can increase your risk of weight gain and chronic diseases.

Choose and prepare flavourful foods packed with nutrients by using little or no added sugar:

- ✓ Read labels: look for the phrases, "without added sugar", "no sugar added" or "no added sugar".
- ✓ Choose unsweetened or low-sugar beverages more often such as water or low-fat milk.
- ✓ Substitute half the white sugar in baked good recipes with unsweetened applesauce or another unsweetened fruit or vegetable puree (try banana, beets, or carrots).

#### **Choosing Healthy Fats**

Some fats are important to keep our heart healthy while other fats should be limited.

Unsaturated fats (liquid or soft) are healthier fats. These are found in vegetable oils, fatty fish, nuts, seeds and avocados.

Saturated (solid) fats and trans fats are unhealthy fats. Saturated fats are in foods from animals such as fatty meats and higher fat dairy products. Trans fats are often found in store-bought baked goods, fried foods, and packaged snacks.

Read labels when buying packaged foods. A product with less than 5% Daily Value or 3 grams of fat per serving is a low fat choice. Your heart will thank you!

#### **Choose and Prepare Healthy Grains**

Eat more whole grains to increase your fibre intake. Fibre has many benefits and we need it for good health. Aim to make at least half of your grain products whole grain each day.

Read ingredient lists on packages – look for whole grain, whole wheat, oats, cracked wheat and whole rye as one of the first three ingredients. Products labeled with the words "multigrain" and "organic" may not necessarily be whole grain. Foods with 2 grams of fibre or more per serving are a source of fibre.

It is easy to make simple substitutions to include more whole grains in your diet. For example:

- ✓ Enjoy millet, brown rice or barley as a side dish instead of white rice
- ✓ Replace all-purpose flour with whole grain flour in baked good recipes.



- ✓ Try a grain that is unfamiliar to you such as quinoa or bulgur and use it in salads. Including different whole grains in recipes or at meals is a great way to discover new tastes and new favourites.

### **Hold the Salt: Choosing and Preparing Healthy Foods with Less Sodium**

Sodium is a mineral found in all foods, largely found in salt. It is needed for your body to function, but most Canadians eat more sodium than they need. Here are some tips to help you choose and prepare foods that are lower in sodium.

- ✓ Enjoy fresh foods more often, such as fruits, vegetables, fish, meat, and poultry. These tend to be naturally lower in sodium.
- ✓ Use herbs, spices, lemon juice, garlic, onion, and salt-free seasoning mixes to add flavour to foods.



- ✓ Read food labels and look for the phrases, “sodium-free”, “low sodium”, or “no added salt” when buying canned or frozen foods. The % Daily Value is a quick overview of how much or how little of a nutrient is in the food.
  - 5% or less: a little bit of the nutrient (for sodium, choose these foods more often)
  - 15% or greater: a lot of the nutrient

Choosing and preparing healthy, lower sodium foods can be a fun family activity. Challenge yourself to try different substitutes for salt in favourite recipes to discover and enjoy new flavours!

### **Plan Ahead: Shop with a List!**

Grocery shopping the healthy way starts with planning ahead. Before your next visit to the grocery store, try to think of how your week will look and plan your menu accordingly.



To prepare a healthy grocery list, try to include on your list foods from all four food groups from *Eating Well with Canada's Food Guide* (Vegetables and Fruit, Grain Products, Milk and Alternatives and Meat and Alternatives).



Once your list is ready to go, try to plan your next trip to the grocery store for a time of the day when you are not tired or

hungry and have enough time to read labels and look at the nutrition facts table.

Preparing a grocery shopping list will help you plan your family meals, buy healthier foods and save time and money.

**Did you know....**Free copies of *My Canada's Food Guide* are available through your local community/public health center or by contacting Health Canada: <http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php>

## Lesson Plans (Kindergarten to Grade 9)

The following lesson plans coordinate with the 2013 Nutrition Month theme in Alberta of **“Choosing and Preparing Food for a Healthier You!”** They meet Alberta Education's Health and Life Skills Curriculum Outcomes for Kindergarten to Grade 9 and can be accessed by the link: <http://www.albertahealthservices.ca/2918.asp>

**Kindergarten** <http://www.albertahealthservices.ca/SchoolsTeachers/if-sch-nfs-nr-kit-k.pdf>

Lesson Plan	Curriculum Link	Page
Follow the Food Guide Rainbow <ul style="list-style-type: none"> <li><i>Objective:</i> To introduce students to Canada's Food Guide.</li> </ul>	W-K.5	12-13
Mystery Bucket <ul style="list-style-type: none"> <li><i>Objective:</i> To have students review Canada's Food Guide.</li> </ul>	W-K.5	14
Build a Better Body with Fun Foods <ul style="list-style-type: none"> <li><i>Objective:</i> To have students review Canada's Food Guide.</li> </ul>	W-K.5	14
Colour Me Healthy <ul style="list-style-type: none"> <li><i>Objective:</i> To have students recognize that certain foods are grouped together in Canada's Food Guide according to the good things they give our bodies.</li> </ul>	W-K.5	15-16
Colour the Foods that are Good for You <ul style="list-style-type: none"> <li><i>Objective:</i> To have students start thinking about every day foods and sometimes foods.</li> </ul>	W-K.5	17-18
My Favourite Healthy Foods Placemat <ul style="list-style-type: none"> <li><i>Objective:</i> To have students be creative while keeping Canada's Food Guide in mind.</li> </ul>	W-K.5	19
Food Twister <ul style="list-style-type: none"> <li><i>Objective:</i> To have students review the food groups in Canada's Food Guide.</li> </ul>	W-K.5	20
I Choose Healthy Snacks <ul style="list-style-type: none"> <li><i>Objective:</i> To have students learn about selecting healthy snacks.</li> </ul>	W-K.5	23-24
Snack Talk <ul style="list-style-type: none"> <li><i>Objective:</i> To have students learn about healthy snacks.</li> </ul>	W-K.5	25
The Food Train <ul style="list-style-type: none"> <li><i>Objective:</i> To have students learn about the different food groups in Canada's Food Guide.</li> </ul>	W-K.5	27

## Lesson Plans (continued)

### Grade 1 (<http://www.albertahealthservices.ca/SchoolsTeachers/if-sch-nfs-nr-kit-k.pdf>)

Lesson Plan	Curriculum Link	Page
<b>Food Group Favourites</b> <ul style="list-style-type: none"> <li><i>Objective:</i> To have students recognize the importance of basic, healthy nutritional choices to their well-being.</li> </ul>	W-1.5	15-16
<b>Breakfast Express</b> <ul style="list-style-type: none"> <li><i>Objectives:</i> To have students develop an awareness of the importance of breakfast and provide them with the opportunity to experience new foods. To give parents/guardians feedback on their children's breakfast preferences.</li> </ul>	W-1.5, R-1.1	18-20
<b>Snack Talk</b> <ul style="list-style-type: none"> <li><i>Objective:</i> To have students learn about healthy snacks.</li> </ul>	W-1.5	22
<b>The Food Train</b> <ul style="list-style-type: none"> <li><i>Objective:</i> To have students learn about the different food groups in Canada's Food Guide.</li> </ul>	W-1.5	23
<b>Food Twister</b> <ul style="list-style-type: none"> <li><i>Objective:</i> To have students review the food groups in Canada's Food Guide.</li> </ul>	W-1.5	24

### Grade 2 (<http://www.albertahealthservices.ca/SchoolsTeachers/if-sch-nfs-nr-kit-gr2.pdf>)

Lesson Plan	Curriculum Link	Page
<b>Food Guide Fun</b> <ul style="list-style-type: none"> <li><i>Objective:</i> To have students review Canada's Food Guide.</li> </ul>	W-2.5	11-14
<b>Food Guide Treasure Hunt</b> <ul style="list-style-type: none"> <li><i>Objective:</i> To have students learn how to make balanced meals, keeping Canada's Food Guide in mind.</li> </ul>	W-2.5	15
<b>Bean Bag Toss</b> <ul style="list-style-type: none"> <li><i>Objective:</i> To have students review the food groups of Canada's Food Guide.</li> </ul>	W-2.5	16
<b>Veggie and Fruit Mobile</b> <ul style="list-style-type: none"> <li><i>Objective:</i> To have students look at a wide variety of food choices within the Vegetables and Fruit food group.</li> </ul>	W-2.5	17
<b>Snack in A Box</b> <ul style="list-style-type: none"> <li><i>Objective:</i> To have students learn how to make healthy snacks, keeping Canada's Food Guide in mind.</li> </ul>	W-2.5	23
<b>Snack Attack</b> <ul style="list-style-type: none"> <li><i>Objective:</i> To have students practice making healthy snacks.</li> </ul>	W-2.5	24-25

## Lesson Plans (continued)

**Grade 3** (<http://www.albertahealthservices.ca/SchoolsTeachers/if-sch-nfs-nr-kit-gr3.pdf>)

Lesson Plan	Curriculum Link	Page
<b>Meal Planning with Canada's Food Guide</b> <ul style="list-style-type: none"> <li><i>Objective:</i> To have students demonstrate their knowledge of Canada's Food Guide by planning meals for a variety of situations.</li> </ul>	W-3.2, W-3.5	11-12
<b>Grocery Bag Game</b> <ul style="list-style-type: none"> <li><i>Objective:</i> To have students practice grocery shopping for foods to make a balanced meal.</li> </ul>	W-3.2, W-3.5	13
<b>Snack Attack</b> <ul style="list-style-type: none"> <li><i>Objective:</i> To have students plan healthy snacks.</li> </ul>	W-3.2, W-3.5	14-15
<b>Vegetable and Fruit Guessing Game</b> <ul style="list-style-type: none"> <li><i>Objective:</i> To have students become familiar with different vegetables and fruit by having them guess what vegetable or fruit is being described.</li> </ul>	W-3.5	16
<b>Body Foods</b> <ul style="list-style-type: none"> <li><i>Objective:</i> To have students think about how foods from Canada's Food Guide help our bodies grow.</li> </ul>	W-3.5	21

**Grade 4** (<http://www.albertahealthservices.ca/SchoolsTeachers/if-sch-nfs-nr-kit-gr4.pdf>)

Lesson Plan	Curriculum Link	Page
<b>Food Guide Charades</b> <ul style="list-style-type: none"> <li><i>Objective:</i> To challenge student's knowledge of Canada's Food Guide. Concepts of meal planning and combination foods are also addressed.</li> </ul>	W-4.5	13-17
<b>My Food Diary</b> <ul style="list-style-type: none"> <li><i>Objective:</i> To have students identify how their food intake can be improved so that it meets Canada's Food Guide. Students will make personal healthy eating goals based on improvements to their usual food intakes.</li> </ul>	W-4.5, L-4.3, L-4.4	18-20
<b>Using Your Imagination</b> <ul style="list-style-type: none"> <li><i>Objective:</i> To have students practice meal planning for different situations.</li> </ul>	W-4.5	26-27

## Lesson Plans (continued)

### Grade 5 (<http://www.albertahealthservices.ca/SchoolsTeachers/if-sch-nfs-nr-kit-gr5.pdf>)

Lesson Plan	Curriculum Link	Page
<b>Food Journal</b> <ul style="list-style-type: none"> <li><i>Objective:</i> To have students keep a record of vegetables and fruit they eat, so they can assess their eating habits, and then compare their results to Canada's Food Guide's minimum recommendation of 6 servings per day for 9 – 13 years old.</li> </ul>	W-5.5	28-29
<b>Classroom Cookbook</b> <ul style="list-style-type: none"> <li><i>Objective:</i> To have students explore favorite recipes of the class</li> </ul>	W-5.5	30

### Grade 6 (<http://www.albertahealthservices.ca/SchoolsTeachers/if-sch-nfs-nr-kit-gr6.pdf>)

Lesson Plan	Curriculum Link	Page
<b>What's the Serving Size?</b> <ul style="list-style-type: none"> <li><i>Objective:</i> To have students become familiar with serving sizes for different foods.</li> </ul>	W-6.5	26-28

### Grade 7 (<http://www.albertahealthservices.ca/SchoolsTeachers/if-sch-nfs-nr-kit-gr7.pdf>)

Lesson Plan	Curriculum Link	Page
<b>Choosing Foods</b> <ul style="list-style-type: none"> <li><i>Objective:</i> To have students think about why they select particular foods and do not select other foods, and to have students examine the importance of these decisions.</li> </ul>	W-7.1, W-7.5	8-9

## Lesson Plans (continued)

**Grade 8** (<http://www.albertahealthservices.ca/SchoolsTeachers/if-sch-nfs-nr-kit-gr8.pdf>)

Lesson Plan	Curriculum Link	Page
<b>Breaking The Fast</b> <ul style="list-style-type: none"> <li><i>Objective:</i> This activity allows students to review some of the reasons why people often skip breakfast; Create healthy breakfast ideas; Develop goals for improving/maintaining good breakfast eating habits.</li> </ul>	W-8.1, W-8.5	12-13
<b>Vegetable and Fruit Challenge</b> <ul style="list-style-type: none"> <li><i>Objective:</i> To have students think about vegetables and fruit. Students are to review their current habits, discuss why vegetables and fruit are important, and make goals to improve or maintain their current habits.</li> </ul>	W-8.1, W-8.5	16-18

**Grade 9** (<http://www.albertahealthservices.ca/SchoolsTeachers/if-sch-nfs-nr-kit-gr9.pdf>)

Lesson Plan	Curriculum Link	Page
<b>Try Your Skills at Meal Planning</b> <ul style="list-style-type: none"> <li><i>Objective:</i> To challenge students to plan meals for three different teenagers with varying nutritional demands.</li> </ul>	W-9.5	9-12

## PA Announcements

Below you will find PA announcements that can be used with elementary or junior high students. There are short, quick tip announcements (approximately 5 seconds) and longer more comprehensive announcements (approximately 15 seconds).

<b>Choose and Prepare Healthy Food for Young Families</b>	
<b>PA Announcements</b>	Did you know? A healthy way to shop for groceries is to plan a menu and make a shopping list before you leave home.
	Did you know? A grocery list should include a variety of foods from all four food groups from Canada's Food Guide (vegetables and fruit, grain products, milk and alternatives and meat and alternatives).
	Help your family choose healthier foods by looking at the % Daily Value on food labels. Remember if a label has 5% or less means there is a little of that nutrient and 15% or more means there is a lot of that nutrient.
<b>Choose and Prepare Foods with Little or No Added Sugar</b>	
<b>PA Announcements</b>	Did you know? Natural sugars are an original part of the food it is found in. Foods with natural sugars (fruits, vegetables, and milk) should be eaten more often as they contain vitamins and minerals needed for good health.
	Did you know? Added sugars are sugars added to foods when making them such as soft drinks, baked goods, fruit drinks, and breakfast cereals. Too much added sugar can increase your risk of weight gain and many health problems.
	A good way to avoid added sugars is by reading labels. Look for the phrases, "without added sugar", "no sugar added" or "no added sugar" on food labels and packaging.
	The sugar your family uses in baked goods can be substituted with unsweetened applesauce.
<b>Choose Healthy Fat</b>	
<b>PA Announcements</b>	Did you know fat is a necessary part of what we eat? It is part of our brains and hormones and it helps our bodies absorb vitamins.
	Unsaturated fats are healthier fats. These are the fats that are liquid at room temperature like olive oil, canola oil and other vegetable oils.
	Saturated fats and trans fats are the unhealthy fats. Saturated fats are found in foods from animals such as fatty cuts of meat, poultry with the skin on, and higher fat dairy products like butter and whole milk.
	Saturated fats and trans fats are the unhealthy fats. Foods likely to contain trans fat are store-bought baked goods, packaged foods, fried foods, and snack foods.
	Did you know that you can reduce the fat (margarine, butter or oil) in baked recipes by cutting it in half and replacing the fat with yogurt or pureed fruit (such as applesauce, mashed bananas)?



## PA Announcements (continued)

<b>Choose and Prepare Healthy Grains</b>	
<b>PA Announcements</b>	Did you know? Dietary fibre is the part of plant foods that our bodies cannot fully break down. Fibre has many benefits and we need it for good health.
	Choose whole grains like brown rice and oatmeal. They are healthier choices than refined grains such as white pasta, white bread, etc.
	Foods with 2 grams of fibre or more per serving are a source of fibre.
	Colour is not an indication of whole grain - bread can be brown because of molasses or other added ingredients.
<b>Hold the Salt: Choosing and Preparing Healthy Food with Less Sodium</b>	
<b>PA Announcements</b>	Did you know? Sodium is a mineral found in all foods, largely found in salt and processed or prepackaged foods, such as frozen meals, deli meats and crackers and other salty snack foods.
	Read food labels and look for the phrases, “sodium-free”, “low sodium”, or “no added salt” when buying canned or frozen foods.
	Did you know? Fast food and restaurant meals tend to be higher in sodium.
	Use herbs, spices, lemon juice, garlic, onion, and salt-free seasoning mixes to add flavour to foods and recipes in place of salt.
<b>Plan Ahead: Shop With a List!</b>	
<b>PA Announcements</b>	Preparing a grocery shopping list will help your family plan meals; buy healthier foods, save time and money.
	Did you know? It is easier to pick nutritious foods at the grocery store if you concentrate your shopping around the areas where you can find the basics: vegetables and fruit, grain products, milk and alternatives and meat and alternatives.

### Thank You!

Thank you for your ongoing support of Nutrition Month and we hope that your school community learns more about “Choosing and Preparing Food for a Healthier You!”

If you have any questions about this resource package or information regarding Nutrition Month, please contact: [nutritionresources@albertahealthservices.ca](mailto:nutritionresources@albertahealthservices.ca)